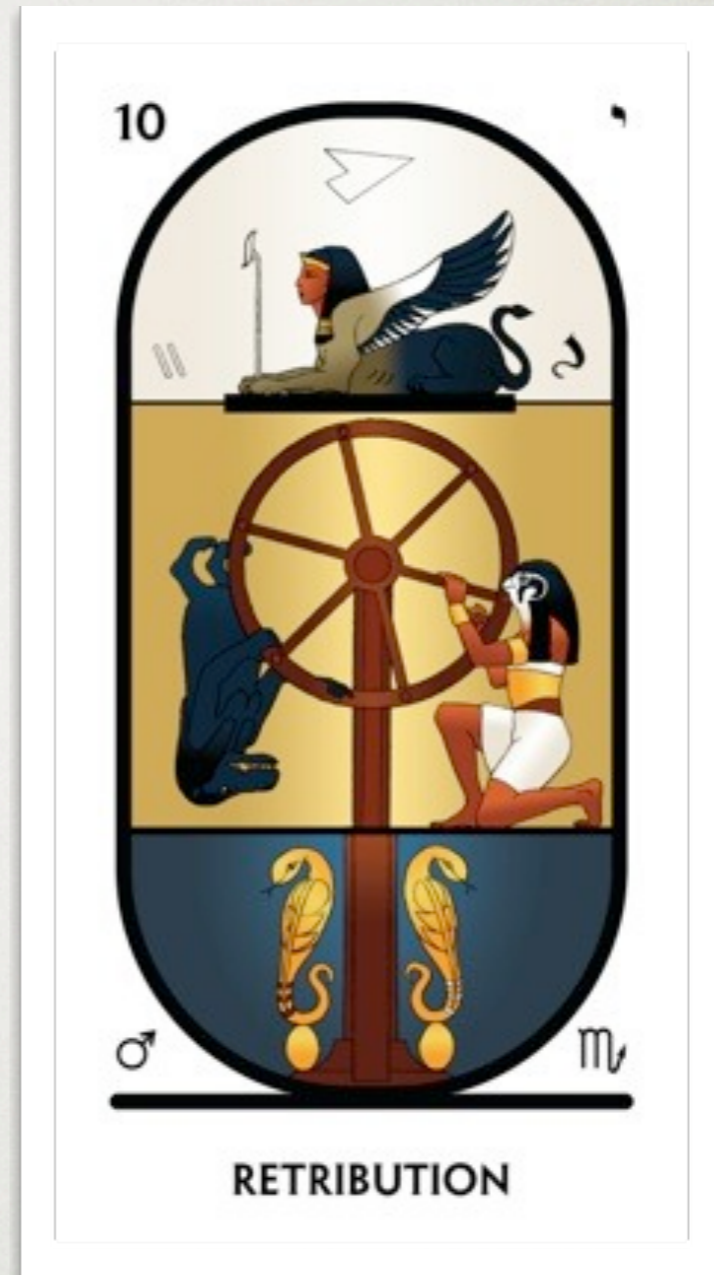




# QUALITIES OF SAMBARA





"The laws of evolution and devolution of life constitute the mechanical axis of all of Nature."

- Samael Aun Weor

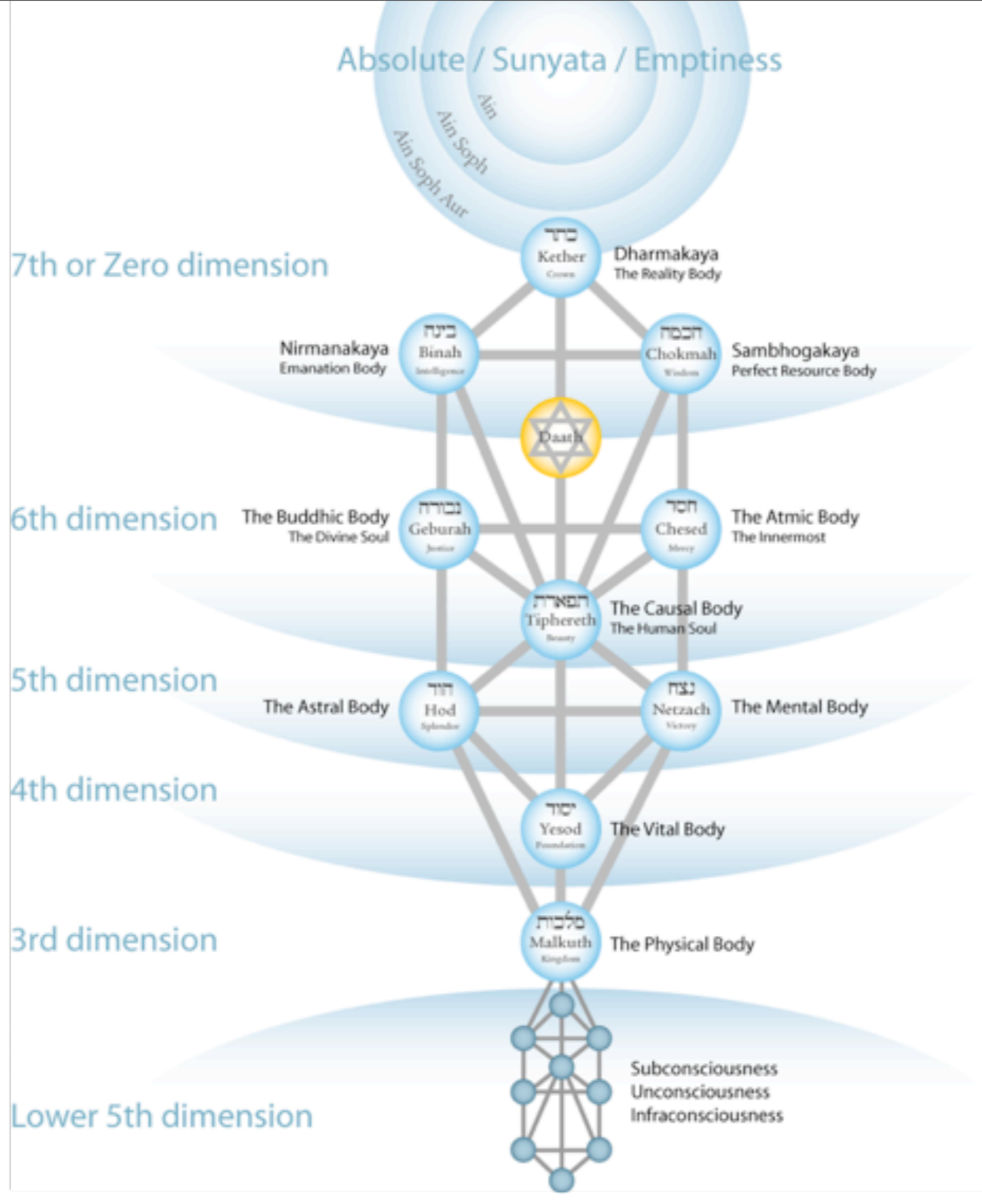


"Samsara, 'circling,'  
is to spin from one  
place to another.  
Nirvana is to have  
cut through this  
circling."

- Padmasambhava, *The Cycle  
of Vital Points*









"Samsara is one's continuum of rebirth into the contaminated aggregates."

- Seventh Dalai Lama

## Skandhas: aggregates

- **rūpa:** form / matter
- **vedanā:** sensation / feeling
- **samjñā:** perception / conception /  
apperception / cognition / discrimination
- **samskāra:** mental formations / impulses /  
volition / compositional factors
- **vijñāna:** consciousness / discernment





"If one does not think hard about the drawbacks of suffering, one has not sufficient yearning for liberation. If one does not consider the source of all suffering—the gateway to samsara—one cannot properly know the eradication (nirvana) of samsara. Be moved to renounce this existence, weary of it, and cherish the knowledge of what binds ones to samsara."

- Tsongkhapa



# SIX SUFFERINGS OF SAMSARA

## 1. Continual uncertainty

"Fathers, son, wives, and enemies can change: friends may become the opposite and change again; samsara holds no shred of certainty." - Nagarjuna





# SIX SUFFERINGS OF SAMSARA

## 2. Elusiveness of satisfaction

"...if a man were to receive all celestial pleasures, all human pleasures, it would not be enough. He would seek even more." - The Great Play Sutra





# SIX SUFFERINGS OF SAMBARA

## 3. Leaving bodies

"You could go again and again to upper realms and enjoy so much bliss. When you die, you fall to the suffering of the lower realms, where the suffering is unbearable and lasting." - Engaging in the Deeds of Bodhisattvas





# SIX SUFFERINGS OF SAMSARA

## 4. Being born again and again

"You are gradually squeezed as hard as someone crushing sesame. Being born: is anything else like it?" - Nagarjuna





# SIX SUFFERINGS OF SAMSARA

## 5. Moving high to low and back again

"All collections end up running out. The high end up falling. Meeting ends in separation. Living ends in death." -  
Transmission of the Vinaya





# SIX SUFFERINGS OF SAMSARA

## 6. Being alone

"When you are born, you are born alone. When you die, you are just as alone." - Engaging in the Deeds of Bodhisattvas







"Many things can damage your life: it's more impermanent than a bubble on a river, tossed by the wind."

- Nagarjuna





## SUFFERINGS OF LOWER REALMS

---

- Animals (Sanskrit: Tiryagyoni)
- Hungry ghosts (Sanskrit: Preta)
- Hells (Sanskrit: Naraka)





# SUFFERINGS OF HIGHER REALMS

---

- Gods (Sanskrit: Devas)
- Demi-gods (Sanskrit: Asura)
- Humans (Sanskrit: Manuṣya)





"How could you not be afraid that you will be bound here, that there may be no end at all to the ocean of suffering in which you drown?"

- Aryadeva



There are four paths:

1. The Direct Path
2. The Nirvanic Spiral Path
3. The path of those who are separate from the Cosmic Scenario, without having reached the level of Adept
4. The path of those who fail

- Samael Aun Weor



"The keystone of the principle I practice is self-liberation from samsara. With this quintessence of all teachings, I clearly see Awareness, naked and unsubstantial. My confidence in the View is the transparency of flux; since I know the Illuminating Void, I fear not life or death."

- Milarepa, *The Goddess Tserinma's Attack*

